

# Important Things to Remember

At feeding time, you and your baby are learning about each other. Relax, talk to your baby, and hold your baby close. Love is just as important as food for your baby's health.

Bottle propping can harm your baby. It can cause ear infections or choking. Be safe and healthy; hold your baby when you are feeding.



## Bottles are for breast milk or formula only.

- No Juice
- No powdered drink mix, tea or soda. (They have lots of sugar and no nutrients.)
- No cereal (Solids should be fed with a spoon.)

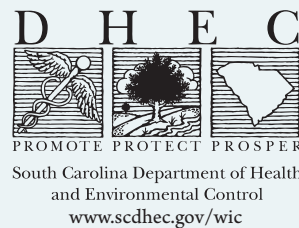
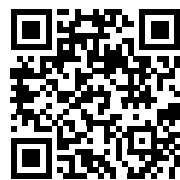
Never force your baby to finish a bottle or food. Your baby is the best judge of how much to eat. Overfeeding can lead to weight problems.

# Reasons to Delay Solid Foods

## Delaying solids until 6 months

- Decreases your baby's risk to allergies.
- Less stomach problems such as constipation and gas.
- Protects your baby from being overweight or obese.
- May decrease risk of diabetes in the future.

Adding one new food at a time will help you watch for food allergies. If your baby has a reaction, it is easier to know which food may have caused it. If food allergies run in your family, tell your WIC nutritionist. Some foods may need to be delayed even longer. The nutritionist can help you prevent problems with food allergies.



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# the first 12 months

*A Guide to Infant Feeding*



# Food for Baby's First Year

**Remember**  
Do not add honey, salt, sugar, or fat to baby's food, formula, water or pacifier. Do not give nuts, seeds or any hard, small foods (such as popcorn) that may choke baby. Do not give baby hard, raw vegetables or fruits.

Birth	6 months	6-7 months	7-8 months	8-9 months	10-12 months	1 year
<p>Breast milk and/or iron-fortified formula are recommended for the first year.</p> 	<p><b>Infant Cereal</b></p> <p>Your child is ready for solids when he or she can hold their head up, sit with support and stops sticking the tongue in and out (tongue thrust).</p> <ul style="list-style-type: none"><li>• Plain from a spoon</li><li>• Never from a bottle</li><li>• Mixed with breast milk or formula</li><li>• Offer 1-2 tablespoons</li></ul> 	<p><b>Vegetables</b></p> <ul style="list-style-type: none"><li>• Begin vegetables before fruits</li><li>• Use single ingredients</li><li>• Unsalted and strained</li><li>• Offer 3-4 tablespoons</li></ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"><li>• Offer after vegetables</li><li>• Unsweetened and strained</li><li>• Use single ingredients not desserts</li><li>• Offer 3-4 tablespoons</li></ul> 	<p><b>More New Foods</b></p> <ul style="list-style-type: none"><li>• Other infant cereals such as wheat or mixed</li><li>• Mashed vegetables and fruits</li></ul>  <p><b>Introduce a Cup</b></p> <ul style="list-style-type: none"><li>• Give the cup at meals</li><li>• Water is a great choice for the cup</li><li>• Breast milk or formula can be used too</li></ul> 	<p><b>Meats</b></p> <ul style="list-style-type: none"><li>• Plain, strained and no dinners</li><li>• Offer chicken, turkey or lamb first</li><li>• Offer 1-3 tablespoons</li></ul> <p><b>Egg Yolk</b></p> <ul style="list-style-type: none"><li>• Completely cooked</li><li>• No egg whites</li><li>• Mix in cereal or vegetables</li></ul> <p><b>Beans</b></p> <ul style="list-style-type: none"><li>• Cooked, mashed or pureed</li><li>• Pinto, navy, lima, butter, black, or black eyed peas</li></ul> 	<p><b>Finger Foods</b></p> <ul style="list-style-type: none"><li>• Toast squares</li><li>• Cooked vegetables cut into strips, slices or cubes</li></ul>  <ul style="list-style-type: none"><li>• Peeled, soft fruit cut into wedges, slices or cubes</li><li>• Small tender pieces of meat</li></ul> <p><b>Food from the family table (feeds self)</b></p> <ul style="list-style-type: none"><li>• Cooked vegetables</li><li>• Soft fruit</li><li>• Cereals</li><li>• Pasta, Noodles</li><li>• Bread</li><li>• Beans</li><li>• Tender meats, chicken or fish</li><li>• Cheese</li></ul> 	<ul style="list-style-type: none"><li>• Continue breastfeeding</li><li>• Drink whole milk until age two</li><li>• Whole egg</li><li>• Weaned from bottle</li></ul>

\*Talk to your baby's doctor about Vitamin D.

Add one new food at a time. Wait 5-7 days between new foods.